

# Marlborough Seniors *on the* Go

Supported by the Executive Office of Elder Affairs

Vol. 6 Issue 10 December 2012

## Mayor's Corner



The search for a suitable location for a new senior center is, at long last, coming to an end. I am happy to report to you that the new anticipated site of our future Marlborough Council on Aging will be in the northeast section of Ward Park, located directly off of Granger

Boulevard.

As you know, the process of selecting a new location for a senior center was both long and exhaustive. Several city owned and privately held sites have been considered over the past couple of years, eliciting a healthy debate throughout the city over the competing visions we all have.

At the end of the day, locating our senior center in Ward Park accomplishes two goals that were almost universally shared: keeping the COA in a downtown, centrally located facility and providing ample accessibility and parking for our senior population.

Over the past two months City Council President Trish Pope and I jointly toured five senior centers in our region. These tours allowed us to take some of the best and most creative ideas from neighboring communities and adopt them as our own. I want to thank her for working with me so closely on addressing the needs of the senior community.

I anticipate seeking a funding source from the City Council at their next scheduled meeting. I am thrilled to have this initiative finally moving forward and look forward to breaking ground on construction next year.

Sincerely,

A handwritten signature in cursive script, likely belonging to Mayor Vigeant.

## *Good Times at the Senior Center*

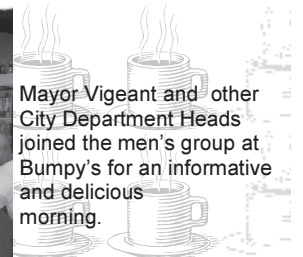
Thank you to the Rotary Club, Stevie's Restaurant and the Girl Scouts for a lovely Turkey Dinner and social evening!



These very active ladies and volunteers are actually sitting and enjoying a special Thanksgiving night



A real enjoyable evening those Rotarians and Girls Scouts hosted for our community.



Busy getting the newsletter ready for mailing.



## Marlborough Council on Aging Mission Statement

"It is the mission of the Council on Aging & Senior Center to promote healthy, successful aging and to enhance the quality of life for Marlborough's senior citizens 60 years of age or older. To that end, we strive to provide comprehensive services and programs for older adults and their families."

## News from the Friends of the Marlborough Seniors

### **The Friends of the Marlborough Seniors is looking for Board Members!**

The Friends Board of Directors is responsible for fundraising and supporting programs to benefit the Marlborough Senior Center and its participants.

The Board meets the first Thursday of the month at 3pm as a group, and holds committee meetings as needed. You must be a current member of the Friends to serve on the Board of Directors.

**If you are interested in running for the Board, please submit your name to the Marlborough Senior Center by December 7th.**



Write-ins may be nominated at the annual meeting  
Elections will take place at the  
Annual Meeting on January 10, 2013, 3pm  
at the Senior Center. Snow date will be January 17, 2013.

### **Notice of Annual Meeting for the Friends of the Marlborough Seniors** **There will be no board meeting in December**

The Annual meeting for the Friends of the Marlborough Seniors will take place January 10, 2013. This will serve as a general meeting and the Annual meeting at which new Board members and officers will be elected.

**All Friends members are encouraged to attend.**

### **A Thank You**

from the Friends of the Marlborough Seniors  
President Judy Jewett

How do I thank everyone who worked so hard on our 9<sup>th</sup> Annual Holiday Craft Show. Everyone who volunteered did so much to make this such a success. **We made a total of \$1881.26.** This is just amazing. I would like to thank all who helped with the set-up, what would we do without you, the ladies who went around and collected the prizes for the raffle, those who spent hours putting jewelry out in pretty boxes, the guys who cooked such great food, and the people who helped clean up, sweep up and left the building in the condition in which we found it.

#### **A huge thank you to all of you.**

We have all worked so hard together to make this day so great.

Bake - \$427.00

Raffle- \$263.00

Jewelry-\$404.26

Food-\$337.00

Vendor-\$450.00

-----  
Grand Total- \$1881.26

Less cost-\$43.66  
-----

#### **Amount going into the Friends of the Marlboro Seniors account is-\$1837.60**

A huge thank you to the following for helping us make this function so profitable:

**Ferjulians Farm Stand  
Stop & Shop**

**Honey Dew Donuts  
Walmart**

### **Second Saturday**

**Do you need some minor repairs to your home or some extra helping hands around your home or apartment?**

“Second Saturday” is a resource (originating out of Grace Baptist Church in Hudson) that is available in our community to low income seniors. This outreach assists in moving or setting up new households, yard work, light repairs and housekeeping. Our volunteers can also assist in transitioning from a home or apartment to an assisted living facility or nursing home. Also, if you have donations of small household items or clothing, we will gladly accept and recycle these items to those experiencing hardship.

**Requests must be received by Saturday, Dec. 1, 2012.  
Second Saturday date for work is Dec. 8, 2012**

**Call Barbara McGuire—508-624-9365: leave your name, phone number, address, and details of the work you are requesting.**

**You will receive a call back in a few days.**



### **STAYING SAFE THIS WINTER**

Please Join Kindred Transitional Care and Rehabilitation Center of Marlborough in a Seminar about staying safe this winter!

**Wednesday, December 19th at 2:30**

The discussion will include:  
Body Mechanics, Assistive Devices, and overall awareness to stay safe this winter.

Coffee, tea and snacks will be served as well as informational hand outs.

**RSVP at the Senior Center 508-485-6492  
to attend this informative event.**

## From the Director

A lot to be **thankful** for:

NEW Senior Center coming our way! How exciting for our community and YOU. I know everyone is anxious about the next step but I would first like to thank **Mayor Vigeant** and **Councilor Pope** who have been visiting many senior centers learning the good and the “challenging” in various new, as well as refurbished, senior centers.

We will have to continue to watch the process unfold as Mayor Vigeant presents his proposal to our City Council for their input and hopeful endorsement.

Since we are on the topic of our new senior center, I would like to thank the Friends of the Marlborough Seniors for another successful Craft Fair. Under the direction of Friends’ President, **Judy Jewett** and our wonderful and dedicated “Friends” volunteers who baked and provided an unbelievably delicious and attractive array of cakes, bread, pies, cookies, brownies, fudge and so much more, over \$1800 was made and will be deposited into the New Senior Center Building Fund. I would be remiss if I didn’t thank **Charlie** and **Eric Jewett** for donating their culinary talent in cooking hot dogs, homemade soup, and various sandwiches for this special event.

Our senior center is so fortunate to have such dedicated volunteers who will do their very best to support this center and each other on a daily basis. Speaking of volunteers don’t be surprised if you see our summer intern, **Logan Harrington** here at the Senior Center over the holiday season. I also would like to welcome **Marian Mamayek** and **Roberta Gray** from the City’s Senior Tax Work-Off program. Both Marian and Roberta will be working with us on administrative, computer and other programming needs so be sure to stop and introduce yourself to our new volunteers and don’t forget to stop in and say hello to Logan.

In closing, I hope you will enjoy our December calendar and on behalf of all our terrific staff we wish you a peaceful and meaningful holiday season.

*Jennifer*



## Bowling Trip!

**Sponsored by:**

**Fitzgerald & Collins Funeral Home**



**Where: Sawyers’ in Northborough**

**When: Tuesday, December 11th at 11:00 a.m.**

Teams will be organized once we get a final count of who has time to “**spare**” to have another great time together for only \$3.00.

After 2 strings of bowling, we will meet at Mama’s Pizzeria next door to the bowling alley for pizza and a beverage.

Maximum bowlers for this very popular time are 12, **so please drop by the Senior Center front desk to sign up.**

**There will be a**

**FRIENDLY VISITORS MEETING**

**WEDNESDAY, DECEMBER 12<sup>th</sup> AT 9:00 A.M.**

**AT THE COFFEE LOFT**

**406 Lincoln Street, Marlborough**



## *Computer Club*

**All welcome!**



**Friday, December 7th, 14th & 28th  
at 1:00 PM**

**At the Marlborough Senior Center  
250 Main Street, Marlborough**



## CALLIGRAPHY WORKSHOP

### Learn the beautiful art of calligraphy!

This workshop is designed to introduce participants to the art of the hand-drawn letter. We will use the Italic Calligraphy hand to create graceful and elegant lettering. The focus will be on lettering for the entire workshop.

**Tuesday, December 11th, 1:00 - 3:00**

#### Instructor will provide:

Ink and nib pens for those that would like to try them.  
Paper will also be supplied.

#### Please bring:

- Small, clean jar for ink if you want to try liquid ink
- One or two black calligraphy markers (small and/or medium)
- A 12" plastic or metal T-square

**The cost for this class is \$5 to cover supplies.**

No prior experience is necessary.

Instructor: Deborah Laws  
College Professor, Art Historian and Artist

**RSVP at the Senior Center 508-485-6492  
if you are interested joining us for this class.**

## HOLIDAY LUNCHEON

*The COA Board  
under the guidance of Rita Connors  
is planning a beautiful time for us all to enjoy.  
Jakes Catering will be providing our warm,  
beautiful meal which will include:  
Stuffed Chicken, Mashed Potatoes, Green Beans,  
Salad, Cranberry Sauce, Rolls, & Ice Cream Sundaes.*

*We also are fortunate to introduce a fabulous music group, Strings N' Things. You may have heard them at the Labor Day parade this year. This "Sing Along Band" is comprised of a Bass Fiddle, Banjo, Guitar, Mandolins and mild percussion. This will be a great time for us all to enjoy before we get too busy during this holiday season.*

*Please mark your calendars for  
Monday, December 17<sup>th</sup> at 1:00.  
Tickets are available at the Senior Center*

*\$10.00 for Friends and  
\$12.00 for non-Friends members.*

*This luncheon is being sponsored  
with the help of the Friends  
of Marlborough Seniors.*

## Painting with Acrylics Class is back!



The class will be led by Helen Downey and will

**be held on Tuesdays from 3:30 - 5:00,  
December 4th & 18th.**

**Classes will resume January 8th**

Canvasses will be provided as well as brushes and other materials, but feel free to bring your own supplies.

**Call to reserve your easel today**

## 5- 6 creative Volunteers needed:

**The Festival of Tree's** has asked if we can help decorate some trees, if you would like to help please call Jennifer (ext. 13).

**Your ideas for a theme are and decorations  
will be purchased for each tree.**

We will meet at the Best Western Convention Center,  
Wednesday, December 5th at 10:30  
and afterward you will be treated to  
lunch at Papa Gino's.

A fun way to help the Marlborough  
Historical Society.



We would love to have you,  
please call **508-485-6492**

**Thank you!**

## The Surveys are here!

Let your voice be heard.  
Surveys can be found on the Credenza  
in the lobby of the Senior Center



We will have a drawing for a \$20 credit to be used for programs or trips that our Senior Center provides.

**Thank you for your input.**

## Outreach Department

*Ana Cristina Oliveira*

### MEDICARE AND PRESCRIPTION DRUGS

*Does it matter which pharmacy you use?*

*For many Medicare plans, the pharmacy you use could make a big difference in the cost of your drugs!*

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that isn't in your plan's network, your drugs will not be covered. If you find that your pharmacy does not accept your plan, you should go to one that does.

This year about half of the Medicare drug plans have **preferred pharmacies** in addition to network pharmacies. If your plan has preferred pharmacies, you may save money by using those pharmacies. Your prescription drugs may cost much less at a preferred pharmacy. There are plans where a drug may cost \$0 at a Preferred Pharmacy, but may cost \$7 at a Non-Preferred Pharmacy.

Some plans also offer a **mail-order program** that allows you to get up to a 90-day supply of your covered prescription drugs sent directly to your home. This is sometimes a cheaper and easier way to fill your prescriptions.

★ ★ ★ **MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!** ★ ★ ★

***IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT!***

***CALL 1-800-MEDICARE NOW!***

### **FUEL ASSISTANCE 2012-2013**

Eligibility for **fuel assistance** is based on the current combined gross annual income of everyone in your household 18 years of age or older. Current gross annual income means income that you are getting now, from all sources, such as a job, government assistance, pensions, child support payments, interest on savings, etc., before any deductions.

The income limits depend on the number of people in your household. To be eligible for fuel assistance, your household's gross income must be less than or equal to 60% of the estimated state median income for your household size, as shown in the table below:

| <u>Household size</u> | <u>Gross annual income 60% estimated state median income</u> |
|-----------------------|--|
| 1                     | \$31,271   |
| 2                     | \$40,893   |
| 3                     | \$50,515   |
| 4                     | \$60,137   |
| 5                     | \$69,759   |

### **More Than Wheels**

**Better your credit. Change your life. Get the Best Deal on A New Car!!!**

More Than Wheels is an award-winning, not-for-profit service that helps consumers get the best deal on a reliable, fuel-efficient car. Our counselors will do the negotiating for you to get you a low price and low interest rate. With an economical car and an extended warranty, you'll also save on gas and avoid unpredictable repair costs. More Than Wheels can also help clients who are stranded without transportation obtain a low-cost temporary car. Whether you have perfect credit or need a little help figuring out your finances, our car-buying experts will:

- Help you find the car that fits your needs.
- Negotiate with the dealer and the bank on your behalf to get the lowest price and interest rate.
- Help you save on gas and repairs with a reliable, fuel efficient car.

**To see if you qualify for the More Than Wheels Program call 1-866-455-2522**

A spooky and fun time was enjoyed by all at the Halloween Luncheon!



Lots of learning, friendship and fun has been going on every Tuesday and Thursday in our ESL classes. We're proud of all of their hard work!



Elegance, ambiance and fellowship ruled the day at this year's Thanksgiving Dinner at the Epicurean Room at Assabet



### LIVING MEMORIAL

This form allows you to make a donation that will support and enhance the senior services in our Marlborough community. The individual or families you have chosen to honor will be notified of your contribution. Your support is needed and greatly appreciated.

*I am enclosing \$\_\_\_\_\_ Make checks payable to: Friends of Marlborough Seniors*

*In honor/memory of \_\_\_\_\_*

*Send acknowledgement to: Name \_\_\_\_\_*

*Address \_\_\_\_\_*

*City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_*

*Donation From: Name \_\_\_\_\_ or anonymous \_\_\_\_\_*

*Address: \_\_\_\_\_*

*Friends of Marlborough Seniors, P.O. Box 358, Marlborough, MA 01752*





### PRIVATE NUTRITION THERAPY SESSION

THURSDAY, JANUARY 17<sup>TH</sup>, 2013

FREE

30 MINUTE APPOINTMENTS STARTING AT 10AM  
APPOINTMENTS REQUIRED

REGISTER AT THE  
MARLBOROUGH SENIOR CENTER  
508-485-6492

Need help finding your way to good health?

There is no one "right" way to eat. Each of us is unique. For each of us to develop a healthy eating style, every case must be examined on its own, individually and professionally. Meet privately with BayPath's Nutritionist Barbara Gold who will listen to you, discuss your lifestyle and help you develop a healthy eating style that works for you.

Barbara Gold, RD, CPC is a registered dietitian and a Certified Professional Chef.

*Join us for holiday lunch with  
Marlborough Hills at the Senior Center*

*Come join us for a light lunch  
on December 14<sup>th</sup> at 1:00  
and enjoy decorating  
Christmas cookies for  
those special friends or loved ones.*

*Lunch will be a hearty vegetable soup,  
chicken and/or egg salad sandwiches.*

*Come join us for a nice, relaxing time as we  
enjoy some of our favorite holiday carols.*

Please R.S.V.P. to  
508-485-6492



A POPULAR HIT at  
the Senior Center

*Monday's  
Blue Plate Special!*

For December Stevies's will provide these  
tasty meals each week at 12:45 PM

Price for meals: \$4.75 for one or  
\$8.00 for you and a friend.

**Dec 3rd:** Sweet & Sour Chicken, Rice & Salad

**Dec 10th:** Meatloaf, Grilled Vegetables, Mashed  
Potatoes & Salad

**Dec 17th:** NO lunch today - Join us at our holiday  
luncheon, RSVP at the senior Center

**Dec 24th:** NO LUNCH TODAY

**Meals also include rolls and  
butter, dessert and beverage!**

**Please purchase your tickets at the  
Senior Center Office  
by Friday-noon prior to Monday's lunch!**

### BOOK CLUB



Come join Sheila Brecken and others  
who enjoy reading and discussing a  
good book.

**The Book Club meets at Academy Knoll on the  
3rd Tuesday of the month at 1:00PM.**

For December 18th  
The Devil In The Junior League  
by Linda Francis Lee.

If you want to get ahead on your reading, the book  
for January 15th is Death By A Honey Bee by  
Abigail Keam, for February 19th we will be reading  
Maine by J. Courtney Sullivan.

Please feel free to join this  
fun group of book lovers.

**For more information call: 508-485-5580**

**A Special Holiday Program For All To Enjoy!**

Come enjoy some holiday treats, hot apple cider and coffee while you relax and enjoy

**Janet Parnes,**

a well recognized etiquette consultant who will share some funny truths or thoughts about  
**"The Proper Patient of 1900".**

Coca Cola for a headache? Calves feet "soup" for childhood malaise? Amalgam for a tooth filling? Myrtle Mills will bring you up to date on Victorian medical myths and miracles! In addition to tea etiquette, this performance addresses topics such as hygiene, curative concoctions, disease prevention, pregnancy protocols, motherhood and Elizabeth Blackwell - just the prescription for a light, entertaining event.

**So come join us on Thursday, Dec 20<sup>th</sup> at 2:30.**

**Please sign up at the Senior Center 508-485-6492**

**Our Recreation Dept. offers  
holiday shopping in New York!!!**



The Marlborough Recreation Department announcing a  
**SHOPPING TRIP TO NEW YORK CITY**  
**on Saturday, December 8, 2012.**

The Coach Bus will leave the Recreation Department  
 (239 Concord Road, Marlborough) at  
 6:00 a.m. and leave New York City at 7:00 p.m.

The cost of the bus trip is \$60.00.

Your day activities and meals are on your own.

**For more information or to register please call  
 the Marlborough Recreation Department  
 at 508-624-6925.**

**Kindred Transitional Care and Rehabilitation  
 Will be raffling off a delightful basket filled with  
 wine and snacks at the senior center this month.**

**Be sure to come in and  
 enter for your chance to win!**

***"Home for the Holidays"  
 On the Common***

**Intersection Rt. 20 & Rt 85  
 Marlborough Union Common  
 FRIDAY, DECEMBER 7, 2012**

**6:00 pm: Tree Lighting by the Mayor with  
 The Marlborough High School  
 Mixed Chorus**

**6:45 pm: Marlborough High School String Ensemble  
 7:30 pm: Marlborough High School Jazz Band**

**\*\* Santa \*\* Hot Chocolate \*\* Balloons \*\* Popcorn \*\* Barn Animals \*\***

***"Each happiness of yesterday is a memory of tomorrow."***

The "Friends" of the Marlborough Seniors would like to thank the following individuals and recognize generous donations made toward the New Senior Center Building Fund.

**In memory of**

**Jackie Fithian**



**Contributors:**

Virginia Cloutier  
 Robert & Suzanne Kasaras  
 Claire Finlay  
 Arthur Marsan (Bld'g fund & Friends)  
 Pauline Ordway  
 Marian & Ken Mamayek  
 Richard Mahoney  
 Margaret Mary O'Hara  
 Chris, Jim & Jacob Mason Mary Leonard  
 Katelyn, McFarland & Richard Simoneau  
 Rose Cosman  
 Mr and Mrs David Keefe



## **Health Services**

### **Wellness Clinic**

The Senior Center offers a weekly drop-in health clinic. Blood sugar and blood pressure testing are provided. No appointment is necessary. The Clinic is staffed by a registered nurse who will also answer health and medication related questions.

Clinic hours are: **Thursday 9:00 a.m. ~ 11:00 a.m.**

### **Paraffin Wax Hand Treatments**

The Senior Center offers weekly, free paraffin wax hand treatments. No appointment is necessary but service is provided on a first come, first served basis. These treatments are particularly helpful to those who suffer from arthritis. **Monday 1:30 p.m. ~ 2:30 p.m.**

### **Medical Equipment Loan Program**

For seniors in need of a wheelchair, walker, shower chair, commode, transfer bench, cane, etc. the Senior Center can provide the item on loan at no charge, based on availability. **All donations welcome.** Please call the Senior Center at 508-485-6492 to check on availability or to donate.

### **Low Vision Gathering**

#### **December 19TH**

Our faithful leader, Bob Marcotte would like to invite any interested parties to the Low Vision group for individuals who are losing their vision and would like to learn and listen from others' experiences. The group meets at St. Matthias Church, located at 409 Hemenway Street the third Wednesday of the Month at 10:00 AM-12:00PM. If you have any questions feel free to call Bob at 978-634-1314.

### **Friendly Visitor Program**

We are currently looking for volunteers who are interested in visiting elders in the community who are in need of companionship. If you would like to visit an elder one or two hours a week please call Susan Maki at 508-485-6492

## **Information and Referral**

Our Outreach staff provides information about services for the diverse needs of the Seniors in the Marlborough area. Staff often assist family members by facilitating transitions involving information about assisted living and nursing home facilities, financial and/or legal concerns, and providing in-home assessments.

### **Home Delivered Meals (Meals on Wheels)**

Bay Path Elder Services Meals on Wheels program offers the option of a hot midday meal delivered to your door along with a hello. Contact BayPath Elder Nutrition at (508) 573-7200 to set up services.

### **Meals at the Senior Center**

A hot lunch is available at the Senior Center on **Wednesday** at 11:30 am. **Please call and sign up at least 24 hours in advance.** Call the Senior Center at 508-485-6492 for menu selections. \$3.00 donation is requested.

### **FISH Volunteer Program**

The FISH Marlborough program is a volunteer service that provides rides to medical appointments for seniors when friends and family are not available. FISH covers the following communities: Villages at Crane Meadows, Marlborough Villages East, those over 65 that reside at Academy Knoll Apartments, Christopher Heights Assisted Living, Marlborough Public Housing, members over 65 of "the Friends of the Marlborough Seniors" and Veterans referred by the Veterans Agent and residents of Marlborough Hills Healthcare Center. To schedule a ride call 508-485-6492 ext. 11 one week in advance and leave your name, phone number and the date of the appointment and you will be contacted.

### **LifeLine**

The LifeLine Medical Alert service has provided senior patients with quick access to help at the push of a button in the event of an emergency. If you are interested in LifeLine please call 1-800-521-5539.

### **Greeter's Desk**

We are currently in need of Greeters to sit at the desk and greet people as they enter the Senior Center. Greeters are also responsible for directing people to appropriate activities. This is an opportunity to become familiar with the Senior Center, meet people and make new friends. Call Susan Maki at 508-485-6492 if interested.

## Council on Aging Staff –

|                       |                             |
|-----------------------|-----------------------------|
| Jennifer C. Claro     | Executive Director          |
| Ana Cristina Oliveira | Outreach Coordinator        |
| Susan Maki            | Social Service Coordinator  |
| Sharon Collari        | Principal Clerk             |
| Lisa Martino          | Bay Path Meals Site Manager |

## Council on Aging Board of Directors –

|                 |                  |
|-----------------|------------------|
| Jim Confrey     | Chairperson      |
| Sheila Brecken  | Vice Chairperson |
| Brenda Costa    | Secretary        |
| Richard Collins |                  |
| Rita Connors    |                  |
| Marie Elwood    |                  |
| Jeanne McGeough |                  |

## FISH Volunteer Transportation Program –

|                |            |
|----------------|------------|
| Larry Vifquain | Founder    |
| Ellie Harris   | Co-Founder |
| Lynn Anderson  | Co-Founder |

## Friends of Marlborough Senior Officers –

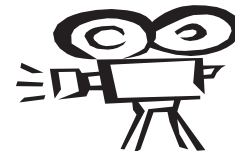
|                     |                |
|---------------------|----------------|
| Judy Jewett         | President      |
| Peg Cahill          | Vice President |
| Barbara McGuire     | Treasurer      |
| Angela Rossetti     | Clerk          |
| Joe Tunnera         |                |
| Melissa Esteves     |                |
| Dick Mahoney        |                |
| Tammy Pozerycki     |                |
| Peg Bouvier         |                |
| Debbie Beausoleil   |                |
| Matthew Jones, Esq. |                |

## Volunteer Team Leaders –

|                |                             |
|----------------|-----------------------------|
| Peggy Cahill   | Bingo                       |
| Peggy Cahill   | Newsletter                  |
| Peg Bouvier    | Friends Membership & Movies |
| Judy Jewett    | Craft Show                  |
| Dick Mahoney   | Computer Lab                |
| Sheila Brecken | Book Club                   |
| Judy Jewett    | Knit & Crochet              |
| Sheila Brecken | Knit & Crochet              |
| Bob Marcotte   | Low Vision                  |

**IMPORTANT PHONE NUMBERS**

|   |                |
|---|----------------|
| Emergency: Police, Fire, Ambulance.....       | 911            |
| Bay Path Elder Services.....                  | 1-508-573-7200 |
| Blind, Commission for the .....               | 1-800-392-6450 |
| Deaf, Commission for the .....                | 1-800-882-1155 |
| Health, Board of .....                        | 1-508-460-3751 |
| MAB Community Services.....                   | 1-800-852-3029 |
| Marlborough City Clerk .....                  | 1-508-460-3775 |
| Marlborough COA/Senior Center.....            | 1-508-485-6492 |
| Marlborough Fire Dept. – non emergency .....  | 1-508-624-6986 |
| Marlborough Hospital .....                    | 1-508-481-5000 |
| Marlborough Housing – Valerie.....            | 1-508-460-3797 |
| Marlborough Housing – Maintenance .....       | 1-508-624-6508 |
| Marlborough Police Dept. – non-emergency..... | 1-508-485-1212 |
| Mass Dept. of Transitional Assistance.....    | 1-508-628-1200 |
| Mayor’s Office .....                          | 1-508-460-3770 |
| Meals on Wheels.....                          | 1-508-573-7246 |
| Medicaid .....                                | 1-888-665-9997 |
| Medicare .....                                | 1-877-486-2048 |
| Public Library.....                           | 1-508-624-6900 |
| Social Security.....                          | 1-800-325-0778 |
| Social Security Administration .....          | 1-800-772-1213 |
| VNA Care .....                                | 1-508-786-0693 |

**MOVIE TIME** with Peg Bouvier

**Every Tuesday at 1:00 PM is  
movie day at the Senior Center**

Popcorn & refreshments are served and you don't have to stand in line. Where else can you find a good movie and be served those favorite movie snacks?

**This month's movie selection include the following:**

**December 4<sup>th</sup> Show Boat**

**December 11<sup>th</sup> Hugo**

**December 18<sup>th</sup> Elf-man**

**December 25<sup>th</sup> No Movie. HAPPY HOLIDAYS!!!!**

*All the seniors in town  
are reading this newsletter.*

**Do they know who YOU are?**

*Call to place an ad today*

**800-732-8070**

## PETERS GROVE

AN AFFORDABLE  
SENIOR COMMUNITY  
Enjoy City Living  
in our Country Setting.  
Fully carpeted and appliances  
efficiency and One Bedroom apts  
with 24 hour Emergency  
Maintenance.  
• Resident Programs  
• Community Room w/Pond View  
Rental Office:  
11 Lake St., Hudson, MA 01749  
**978-568-0670**  
Financed by Mass Housing



**The WILLOWS**  
PREMIER RETIREMENT COMMUNITIES  
FOR ACTIVE ADULTS



**800-464-4730**

WESTBOROUGH • WORCESTER

[www.SalmonHealthandRetirement.com](http://www.SalmonHealthandRetirement.com)

## MEDICAL ALARMS PROTECTING SENIORS NATIONWIDE



Push



Talk



Help is on  
the way

- ✓ 25+ Yrs. in Business
- ✓ Made in the USA
- ✓ Monitored in the USA
- ✓ A+ Rated with BBB
- ✓ Waterproof Button
- ✓ Lifetime Warranty
- ✓ Dr. Recommended
- ✓ Price Guarantee
- ✓ Tax Deductible\*

**\$19.95\*\*/Mo. - Holiday Special**

**Toll Free: 1-877-801-5055**



\*Check with your accountant

\*\*First three months only



Thank You to our  
Sponsors for their support

**A Home Is Burglarized Every 18 Seconds,  
Don't let yours be the next!**

**FREE**  
Home Security System!  
**\$850 Value!**

\*With \$99 Customer Installation charge and purchase of alarm monitoring services.



Available Two-Way voice  
that allows you to instantly  
communicate with an ADT  
Security Specialist!

**Call Today, Protect Tomorrow!**

**1-877-853-3143**

Mon-Fri 8am - 11pm • Sat 9am - 8pm • Sun 10am - 6pm EST



**Protect Your Home**

\$99.00 Customer Installation Charge. 36-Month Monitoring Agreement required at \$35.99 per month (\$1,295.64). Form of payment must be by credit card or electronic charge to your checking or savings account. Offer applies to homeowners only. Local permit fees may be required. Satisfactory credit history required. Certain restrictions may apply. Offer valid for new ADT Authorized Dealer customers only and not on purchases from ADT Security Services, Inc. Other rate plans available. Cannot be combined with any other offer. Licenses: AL-10-1104, AZ-ROC217517, CA-AC06320, CT-ELC0193944-L5, DE-07-212, FL-EC13003427, EC13003401, GA-LVA205395, IA-AC-0036, ID-39131, IL-127.001042, IN-City of Indianapolis: 93294, KY-City of Louisville: 483, LA-F1082, MA-1355C, MD-107-1375, Baltimore County: 1375, Calvert County: ABL00625, Caroline County: 1157, Cecil County: 541-L, Charles County: 804, Dorchester County: 764, Frederick County: F0424, Harford County: 3541, Montgomery County: 1276, Prince George's County: 685, Queen Anne's County: L156, St. Mary's County: LV2039R, Talbot County: L674, Wicomico County: 2017, Worcester County: L1013, MI-3601205773, MN-TS01807, MO-City of St. Louis: CC354, St. Louis County: 47738, MS-15007958, MT-247, NC-25310-SP-IV, 1622-CSA, NE-14451, NJ-348F00021800, NM-353366, NV-68518, City of Las Vegas: B14-00075-6-121756, C11-11262-L-121756, NY-Licensed by the N.Y.S. Department of State UID#12000286451, OH-53891446, City of Cincinnati: AC86, OK-1048, OR-170997, Pennsylvania Home Improvement Contractor Registration Number: PA22999, RI-3428, SC-BAC5630, TN-C1164, C1520, TX-B13734, UT-6422596-6501, VA-115120, VT-E5-2382, WA-602588694/PROTEYH93-HRS, WI-City of Milwaukee: 0001697, WY-042433, WY-LV-6-21499. For full list of licenses visit our website [www.protectyourhome.com](http://www.protectyourhome.com). Protect Your Home - 3750 Priority Way South Dr., Ste 200, Indianapolis, IN 46240. \*\*Crime data taken from [http://ovc.ncjrs.gov/gallery/posters/pdfs/Crime\\_Clock.pdf](http://ovc.ncjrs.gov/gallery/posters/pdfs/Crime_Clock.pdf)

Say *"Thank you"* with your  
patronage to the sponsors  
who support this newsletter.

*To find our sponsors,  
visit **SeekAndFind.com***





NONPROFIT ORG.

U.S. Postage

**PAID**

Marlborough, MA

01752

Permit No. 0081

Marlborough Council on Aging & Senior Center  
 250 Main Street  
 Marlborough, MA 01752  
 Telephone (508) 485-6492  
 FAX (508) 460-3726

**Hours are Monday –Friday 8:00 am-4:00 pm**



### **Foxwoods Fun!**



\$20.00 includes trip, bonus package,  
 consisting of \$10.00 buffet and  
 \$10.00 coupon.

Pick up is at 7:30 AM in front of the Senior  
 Center Bus departs at 7:30 AM and returns  
 approximately 4:45 PM

#### **Upcoming dates:**

Monday, December 3rd

Monday, January 7th

Monday, February 11th

Please call Pauline Ordway at 508-485-4677  
 for your reservations and more information.

**Also enjoy some BINGO on the bus!**

## FRIENDS OF THE MARLBOROUGH SENIORS MEMBERSHIP INFORMATION

Yes, I want to be a member of the "Friends of the Marlborough Seniors" for 2013 .  
 Please fill out this form and mail it to the P.O. Box 358 address below:

**"Friends of Marlborough Seniors"**

**P. O. Box 358**

**Marlborough, MA 01752**

- ☐ New Membership  
☐ Renewal Membership

- \_\_\_ Individual (\$7.00)  
 \_\_\_ Couple (\$14.00)  
 \_\_\_ Building Fund (\$ \_\_\_\_)  
 \_\_\_ Friends (\$ \_\_\_\_)

### **PLEASE PRINT:**

**Name** \_\_\_\_\_

**Street Address** \_\_\_\_\_ **Apt. #** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip Code** \_\_\_\_\_

**Telephone Number** \_\_\_\_\_

**Comments** \_\_\_\_\_